

# Uni Step-Up Exercise Science (Online)

## Campus

(Online - Orientation on campus)

## Contact

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## WHAT IS UNI STEP-UP?

Our Uni Step-Up program is your chance to experience university life by joining us to study a first-year unit online while you're still in year 11 or 12.

The program is delivered at no cost to you or your school, all required learning materials will be supplied and I.T bursaries will be available to assist students needing to access laptops and internet connections in order to participate.

Students who successfully complete your chosen unit with us, you will receive credit points towards a related ACU undergraduate degree, and a conditional offer for admission.

By completing two Uni Step Up units students will be eligible to receive an early offer and a guaranteed place at ACU. If you opt to study at another university, receiving credit will be at their discretion.

## BENEFITS OF ENROLLING IN UNI STEP-UP

- Get a taste for uni life now, and it will help make the transition to uni life easier later on
- No financial or academic obligations
- You will receive credit points towards a related ACU undergraduate degree
- Guaranteed Offer – Complete two unit and receive a non-conditional offer in to an articulated degree
- Conditional Offer – Complete one unit and receive a conditional offer in to an articulated degree

## MODE OF DELIVERY

- On Campus Orientation: 10am - 4pm, Saturday 11 July (strongly encouraged, transport support available)
- Classes will be held online on a weekly basis between July and September.
- Final Assessment: 10am - 4pm, Saturday 12 September (strongly encouraged, transport support available)
- Delivered by ACU academics online. Our Academic Skills Unit will be on hand for additional support.

## WHO SHOULD ENROL?

- Students in years 11 and 12.
- Students who are aiming to enrol in a university degree after high school.
- Students with good time-management skills who aspire to build a career pathway.

## HOW TO ENROL

1. Talk to your teacher about your suitability.
2. Check your availability to attend the dates listed. If you can't attend each class, it may be a challenge to successfully complete the unit.  
Obtain the permission forms from your
3. school's Guidance Officer or Year Coordinator.  
Talk to your parent/guardian about
4. attending and have them fill out the forms with you.
5. Return the forms to your Guidance Officer or Year Coordinator and they will return them to ACU.
6. ACU will contact you to confirm your enrolment.
7. Once enrolment is confirmed, you and your parent/guardian will be invited to attend an online Parent Information Evening on Friday 3 July.

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## UNIT INFORMATION

### GROWTH, MOTOR DEVELOPMENT AND AGEING

Mode	Unit description	Faculty
<b>On Campus Orientation:</b> 10am - 4pm, Saturday 11 July (strongly encouraged, transport support available)	<b>EXSZ187</b> Growth, motor development and ageing	Health Sciences
<b>Weekly Online classes:</b> 3 hours per week		
<b>Assessment Support:</b> 10am - 4pm, Saturday 12 September (strongly encouraged, transport support available)		

## UNIT DESCRIPTION

This unit provides an understanding about how movement evolves through growth, development, and ageing within the context of health and physical performance effects across the lifespan.

You will also examine how genetic foundations, task requirements, and environmental constraints bring about changes to movement.

Assessment Task 1: Online Quiz

Assessment Task 2: Online Quiz

Assessment Task 3: Online Quiz

Assessment Task 4: Scientific Report

## FURTHER INFORMATION

Academic skills workshops will be provided to support your success in this program. Workshop dates will be provided later this year.

### THIS UNIT CAN LEAD TO:

- Bachelor of High Performance Sport
- Bachelor of Sport and Outdoor Education
- Bachelor of Exercise and Sports Science/Bachelor of Nutrition Science
- Bachelor of Psychological Science
- Bachelor of Exercise and Sports Science

To express your interest or find out more:

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